

Pool and Recreation Schedule

June 13 - September 7, 2015 (see closure dates below)

Indoor Aquatic Center					Gymnasium				Child Care
Day/Activity	Adult Lap	Adult Therapy	Kiddie Area Swim	Open Swim	Adult Volleyball	Pickle Ball	Basketball	Badminton	Kids Korner
Monday	5:30-10am 10:55am-12pm	5:30-10am 10:55am-9:50pm	not offered in summer	12-8:55pm	8-10:15pm		5am-10:30pm	6-9am	8:30am-12:30pm 4-8pm
Tuesday	5:30-8:45am	5:30-8:45am 11am-6:50pm	not offered in summer	11am-6:50pm			5am-10:30pm	8-10:15pm	8:30am-12:30pm 4-8pm
Wednesday	5:30-10am 10:55am-12pm	5:30-10am 10:55am-9:50pm	not offered in summer	12-8:55pm	8:15-10:15pm	6-8pm	5am-10:30pm	6-9am	8:30am-12:30pm 4-8pm
Thursday	5:30-8:45am	5:30-8:45am 11am-6:50pm	not offered in summer	11am-6:50pm			5am-10:30pm	8-10:15pm	8:30am-12:30pm 4-8pm
Friday	5:30-10am 10:55am-12pm	5:30-10am 10:55am-9pm	not offered in summer	12-9pm	7:45-10pm	10:30am-3pm (50+)	5am-10pm	6-9am 9-10:15am (50+)	8:30am-12:30pm 4-8pm
Saturday	7:15-9am	7:15-9am 11:30am-6:30pm		11:30am-6:30pm			7am-8pm		8:30am-12:30pm
Sunday	8:15-11:30am (2-lanes available)	8:15am-5pm		11:30am-5pm			8am-6pm	Family 2-3pm Open 3-5:55pm	Closed
One lap lane will be available during open swim seven days a week!									

Facility Closures

Fitness Room & Pool closed September 1 - 3 for annual cleaning.

Gym closed August 24 - September 5 for resurfacing of gym floor.

Recreation Sports (pickleball, volleyball, and badminton) in gym will not be available from August 24 - September 7.

Community Center pass holders can use the Aquatic Center (TFAC) for free September 1 - 3!

Holiday Building Hours

July 4 (Independence Day)

Fitness Room & Gym: 7am-2pm

Pool Hours:

Adult Lap/Therapy 7:15-10am

Open Swim 10am-1:30pm

September 7 (Labor Day)

Fitness Room & Gym: 7am-2pm

Adult Lap/Therapy 7:15-10am

Open Swim 10am-1:30pm

Half of the gym is always open for basketball and open gym. Second half of the gym may be used for programming or Recreation Sports

Fitness Room & Gym Hours

Monday - Thursday: 5am-10:30pm

Fridays: 5am-10pm

Saturdays: 7am-8pm

Sundays: 8am-6pm

***** This schedule can be altered by a supervisor to best meet the needs of all users.
For a complete list of regulations or questions, contact the Control Desk at 248.526.2655***



Gym, Pool & Special Information

June 13—September 7, 2015

Open Gym for Passholders

Participants may engage in any gym activity. The activity must not interfere with other activities in the gym or have the potential to damage the floor or injure other participants. Basketball will have priority in the south gym. The north gym may not be available when programs, badminton, or volleyball are taking place. *Basketball* games are played to 10 by ones or a 15 minute max, which ever comes first. The winning team can stay for a maximum of two consecutive games. *No full court games when a second court is unavailable.*

Badminton

The Badminton nets will be set up for play and games played to 15. Teams will rotate after each game. If there are not any badminton participants open recreation play will exist provided the badminton nets and poles do not interfere with the activity. Participants must bring their own equipment. *Family time* is designated for parents with children 13 years and younger.

Adult Volleyball

The volleyball net will be set up for play and games played to 15. The winner or winning team will stay a maximum of two games. If there are not any volleyball participants, open recreation play will exist provided the volleyball net and poles do not interfere with the activity. ***Adult Volleyball is intended for the intermediate to advanced level of play.***



Pickle Ball

A game that combines tennis, badminton and ping-pong. Played with wooded paddles and a plastic whiffle ball on a regulation badminton court with the nets lowered. Equipment is provided.

SERVICES

Massage Therapist

A Massage Therapist is available at the Community Center. Schedule an appointment or call 248. 526.2657 for more information.

Personal Trainers

Personal training is available at the Community Center. Schedule an appointment or call 248. 526.2657 for more information.

Birthdays Parties and Special Celebrations

Have a hassle free Birthday Party or special celebration here at the Community Center! Pool, gym, and bouncer packages are available. Contact Ali Miller at the Recreation office at 248.524.3484 for more information.



Adult Lap/ Therapy Swim

Ages 18 and older. Lap lanes and therapy pool is available during designated times. Therapy pool and one lap lane are also available during open swim. *Private lessons may take place at these times.*



Open Swim

All ages welcome. Children under 6 must be directly supervised in the water by an individual 16 or older. Children 6 and older must be accompanied by an adult in the pool area. The leisure and slide areas will be open. Adults have use of the Therapy pool and at least one lap lane (M-F). *Private lessons may take place at these times.*

Kiddie Area Swim (not offered in summer)

The Kiddie Area is open for children and their parents/adult supervisor. Adult must enter the water with children.

Family Nights at Aquatic Center (TFAC)

Families are encouraged to an inexpensive and fun night out. Spend quality time together and enjoy swimming at the Aquatic Center. Buy a family 4 pack for \$10 residents, and \$14 non-residents. Additional family members are \$2.50/resident and \$3.50/non-resident.

These Family Nights are FREE for Aquatic Center season pass holders. Family Night will return to the Community Center in the fall.

Drop-In Passes for Fifty Forward Exercise

Classes

Attend the senior exercise classes on a drop-in basis by purchasing a daily pass to a 1 time, 50 minute class. Can be used for many Fifty Forward exercise classes. Purchase a pass at the Community Center desk and show your receipt to the instructor. See the Fifty Forward newsletter for offerings.

Fitness Passport!

This pass entitles the patron to have all of the options of an Unlimited Recreation Pass holder PLUS the opportunity to participate in a select list of fitness classes (class list can be picked up at the Control Desk). This gives the patron unlimited possibilities of what they can add to their workouts! Matinee Fitness Passport holders can attend classes Monday-Friday, between 8 am and 3 pm only.

Troy Community Center: 3179 Livernois, Troy, 48083; 248.524.3484

Control Desk: 248.526.2655

<http://www.troymi.gov/ParksRec/CommunityCenter/>

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